

# Publications & Resources

of the

## National Diabetes Education Program



Updated July 2012

The NDEP uses the latest science to develop publications for people with diabetes, people at risk for type 2 diabetes, health care professionals, and community organizations. NDEP's culturally tailored diabetes prevention and control materials target a broad array of audiences, including African Americans, American Indians, Alaska Natives, Asian Americans, Pacific Islanders, Hispanic and Latino Americans, older adults, women with a history of gestational diabetes, and youth. Many materials are available in English, Spanish, and 17 additional languages. All materials are copyright-free. They can be downloaded and printed at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org). Limited quantities of hard copies can be ordered online. To print large quantities of a publication, you can order printer-ready files for \$20 each by calling 1-800-860-8747. Visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) to use NDEP's "Find Publications for Me" feature to sort publications by a specific, target age group, ethnicity, diabetes status, or language.

This document provides an overview of the publications and resources available from the NDEP, including:

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## About the National Diabetes Education Program

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is a federally-sponsored initiative that involves public and private partners in efforts to improve diabetes management and outcomes, promote early diagnoses, and prevent or delay the onset of diabetes in the United States and its territories.

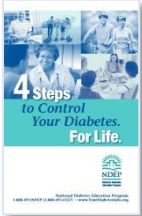
NDEP is jointly sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health and the Division of Diabetes Translation of the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

# Diabetes Management Publications

## Adults with Diabetes

Publications to help adults with diabetes live well by managing their disease and preventing diabetes-related complications. Download or order these materials at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### 4 Steps to Control Your Diabetes. For Life.



These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. This publication is excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

<b>Bengali</b> (NDEP-67BE) June 2011	<b>Korean</b> (NDEP-67KO) June 2007
<b>Cambodian</b> (NDEP-67CA) June 2007	<b>Laotian</b> (NDEP-67LA) August 2008
<b>Chinese</b> (NDEP-67CH) May 2007	<b>Samoan</b> (NDEP-67SA) July 2007
<b>English</b> (NDEP-67) May 2010 (Online Only)	<b>Spanish</b> (NDEP-80) July 2011 (Online Only)
<b>Gujarati</b> (NDEP-67GU) August 2008	<b>Tagalog</b> (NDEP-67TA) May 2007
<b>Haitian-Creole</b> (NDEP-67HC) October 2010	<b>Thai</b> (NDEP-67TH) June 2007
<b>Hindi</b> (NDEP-67HI) August 2008 (Online Only)	<b>Tongan</b> (NDEP-67TO) June 2007
<b>Hmong</b> (NDEP-67HM) August 2008	<b>Urdu</b> (NDEP-67UR) June 2011
<b>Indonesian</b> (NDEP-67IN) August 2008	<b>Vietnamese</b> (NDEP-67VI) May 2007
<b>Japanese</b> (NDEP-67JA) August 2008	

### Know Your Blood Sugar Numbers • Conozca sus niveles de azúcar en la sangre



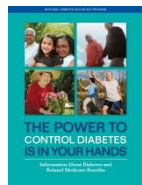
Learn more about the importance of knowing your blood sugar numbers. This publication contains information on the A1C test, self-monitoring blood glucose, and working with a health care team to set blood glucose targets and reach them.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-10) February 2011 **Online Only** **Spanish** (NDEP-10SP) July 2011

### The Power to Control Diabetes is in Your Hands • El poder de controlar la diabetes está en sus manos

**Online Only**



This brochure for older adults helps them manage their diabetes, understand how to check blood glucose levels, manage the ABCs of diabetes, and access Medicare benefits.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-38) November 2009 **Spanish** (NDEP-39) July 2010

## ***Tips to Help You Stay Healthy • Consejos para ayudarle a mantenerse saludable***



This tip sheet helps people work with their health care team to make a successful diabetes action plan. It provides four action steps to help people live well with diabetes and includes a diabetes care record chart that people can use to track their diabetes care.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

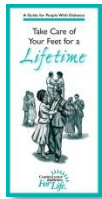
**English** (NDEP-8) February 2011

**Online Only**

**Spanish** (NDEP-79) May 2011

## ***Take Care of Your Feet for a Lifetime • Cuide sus pies durante toda su vida***

**Online Only**



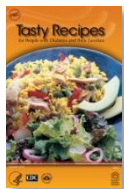
For people living with diabetes, feet need special attention. This illustrated booklet helps people care for their feet and provides tips to avoid serious foot problems.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-4) July 2003

**Spanish** (NDEP-48) July 2003

## ***Ricas recetas para personas con diabetes y sus familiares (Tasty Recipes for People with Diabetes and Their Families)***



This effective, bilingual recipe booklet is a terrific addition to any kitchen. It contains diabetes health information and resources and recipes specifically designed for Latinos living with diabetes. Recipes are accompanied by their nutritional facts table.

*Single copy free. Each additional copy, \$1. Limit 3 copies.*

**Bilingual Spanish/English** (NDEP-51) May 2011

## ***Usted es el corazón de la familia... cuide su corazón. (You are the heart of your family... Take care of it.)***



This bilingual tip sheet explains the link between diabetes and heart disease for Hispanics/ Latinos. It encourages patients to work with their health care team to manage their blood glucose, blood pressure, and cholesterol.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**Bilingual Spanish/English** (NDEP-58) July 2011

## **Help a Loved One with Diabetes • Ayude a un ser querido que tiene diabetes**



This tip sheet provides practical suggestions for helping loved ones with diabetes. It also lists organizations that can help.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-57) February 2011

**Online Only**

**Spanish** (NDEP-57SP) July 2011

## **Take Care of Your Heart. Manage Your Diabetes.**



This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**Cambodian** (NDEP-52CA) November 2002

**Chamorro** (NDEP - 52CM) April 2003

**Chinese** (NDEP-52CH) November 2001  
(Online Only)

**Chuukese** (NDEP - 52CK) April 2003

**English** (NDEP-52) April 2010

**Gujarati** (NDEP-52GU) April 2003

**Hindi** (NDEP-52HI) April 2003

**Hmong** (NDEP-52HM) November 2002

**Japanese** (NDEP-52JA) April 2003

**Korean** (NDEP-52KO) April 2003

**Laotian** (NDEP-52LA) April 2003

**Samoan** (NDEP-52SA) April 2003

**Tagalog** (NDEP-52TA) November 2002

**Thai** (NDEP-52TH) November 2002

**Tongan** (NDEP-52TO) April 2003

**Vietnamese** (NDEP-52VI) November 2002

## **Take Care of Your Heart. Manage Your Diabetes. (Adapted for American Indians and Alaska Natives)**



This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-52AIAN) April 2005

The following materials are also available for adults with diabetes, but these materials are only available online for download – not for hard copy order. These materials can be found on the NDEP website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

***It's More than Food, It's Life: Recipe Card Set 1 • Más que comida, es vida. colección 1 de tarjetas de recetas***

Online Only



This first recipe card set from the popular booklet, *Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares)* showcases four recipes designed for Hispanics/Latinos. The recipes are accompanied by their nutritional facts table and total servings. The set includes: Rice with Chicken, Avocado Tacos, Tropical Fruit Fantasia, and Spanish Omelet.

English (NDEP-122) July 2011

Spanish (NDEP-122SP) July 2011

***It's More than Food, It's Life: Recipe Card Set 2 • Más que comida, es vida. colección 2 de tarjetas de recetas***

Online Only



This second recipe card set from the popular booklet, *Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares)* showcases four recipes designed for Hispanics/Latinos. The recipes are accompanied by their nutritional facts table and total servings. The set includes: Beef Stew, Red Snapper Caribbean, Two Cheese Pizza, and Pozole.

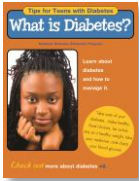
English (NDEP-124) November 2011

Spanish (NDEP-124SP) November 2011

# Diabetes Management Publications

Publications to help children and adolescents with diabetes live well by understanding and managing their disease. Download or order these materials at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

## ***Tips for Teens with Diabetes: What Is Diabetes?***

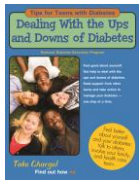


This tip sheet provides useful information about diabetes and encourages teens to take action to manage their disease for a long and healthy life.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

English (NDEP-63) November 2007

## ***Tips for Teens with Diabetes: Dealing With the Ups and Downs of Diabetes***



This tip sheet talks about emotions and diabetes and gives teens ideas to help them feel better.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

English (NDEP-81) November 2007

## ***Tips for Teens with Diabetes: Be Active***

Online Only

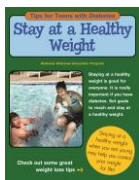


This tip sheet provides useful information about diabetes and encourages teens to be active to help manage their disease for a long and healthy life.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

English (NDEP-64) November 2007

## ***Tips for Teens with Diabetes: Stay at a Healthy Weight***



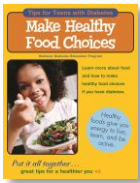
This tip sheet provides useful information about diabetes and encourages teens to be at a healthy weight to help manage their disease for a long and healthy life.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

English (NDEP-65) November 2007



## ***Tips for Teens with Diabetes: Make Healthy Food Choices***



This tip sheet provides useful information about diabetes and encourages teens to make healthy food choices to help manage their disease for a long and healthy life.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**English** (NDEP-66) November 2007

## ***Consejos para jóvenes con diabetes: La diabetes (Tips for Teens with Diabetes: About Diabetes)***



This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families provides useful information about diabetes and encourages teens to take action to manage their disease.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**Bilingual Spanish/English** (NDEP-84) June 2010

## ***Consejos para jóvenes con diabetes: Come alimentos saludables (Tips for Teens with Diabetes: Make Healthy Food Choices)***



This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families encourages teens to make healthy food choices to better manage their diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**Bilingual Spanish/English** (NDEP-83) March 2009

## ***Consejos para jóvenes con diabetes: Mantente en un peso saludable (Tips for Teens with Diabetes: Be at a Healthy Weight)***



This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families encourages teens to manage diabetes by moving more, making healthy food choices, and losing weight if they are overweight.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**Bilingual Spanish/English** (NDEP-85) June 2010

## ***Consejos para jóvenes con diabetes: Mantente activo (Tips for Teens with Diabetes: Get Active)***



This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families encourages teens to be more physically active to better manage their diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**Bilingual Spanish/English** (NDEP-86) June 2010

## ***Consejos para jóvenes con diabetes: La diabetes y tus sentimientos*** ***(Tips for Teens with Diabetes: Diabetes and Your Feelings)***

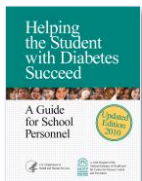


This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens talks about emotions and diabetes and gives teens ideas to help them feel better.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**Bilingual Spanish/English** (NDEP-115) February 2010

## ***Helping the Student with Diabetes Succeed: A Guide for School Personnel***



This comprehensive resource guide helps students with diabetes, their health care team, school staff, and parents work together to provide optimal diabetes management in the school setting.

*Single copy, free. Each additional copy, \$3. Limit 6 copies.*

**English** (NDEP-61) September 2010

The following materials are also available for children and adolescents with diabetes, but these materials are only available online for download – not for hard copy order. These materials can be found on the NDEP website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### ***Tips for Kids: Be Active • Consejos para muchachos: ¡Mantente activo!***

Online Only



This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes by being active and includes a list of resources for children.

**English** (NDEPi-1) August 2010

**Spanish** (NDEPi-7) August 2010

### ***Tips for Kids: Eating Healthy Foods • Consejos para muchachos: come alimentos saludables***

Online Only



This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes by making healthy food choices and includes a list of resources for children.

**English** (NDEPi-2) August 2010

**Spanish** (NDEPi-8) August 2010



***Tips for Kids: Stay at a Healthy Weight • Consejos para muchachos: mantente en un peso saludable***

Online Only



This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes by staying at a healthy weight and includes a list of resources for children.

**English** (NDEPi-3) August 2010

**Spanish** (NDEPi-6) August 2010

***Tips for Kids: What is Diabetes? • Consejos para muchachos: ¿Qué es la diabetes?***

Online Only



This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes and includes a list of resources for children.

**English** (NDEPi-4) August 2010

**Spanish** (NDEPi-5) August 2010

## Type 2 Diabetes Prevention Publications

Publications to help people who are at risk for type 2 diabetes take small steps to prevent or delay the onset of the disease. Download or order these materials at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### ***Your GAME PLAN to Prevent Type 2 Diabetes • Mi plan de acción para prevenir la diabetes tipo 2***



This three-booklet package helps people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease. The publication includes an information booklet, an activity tracker, and a fat and calorie counter.

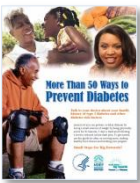
*First package free. Each additional package, \$4. Limit 25 packages.*

**English** (NDEP-60) July 2006

**Spanish** (NDEP-60SP) December 2009

### ***More than 50 Ways to Prevent Diabetes***

Online Only



This patient education sheet offers tips to help African Americans at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-71) November 2009

### ***Prevenamos la diabetes tipo 2. Paso a paso. (Prevent type 2 Diabetes. Step by Step.)***



This patient education sheet offers tips to help Hispanics/Latinos at risk for type 2 diabetes move more and eat less to reduce their risk for diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**Bilingual Spanish/English** (NDEP-72) May 2009

### ***We Have the Power to Prevent Diabetes***

Online Only



This patient education sheet offers tips to help American Indians and Alaska Natives at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-73) March 2008

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)



1-888-693-NDEP (1-888-693-6337)



TTY: 1-866-569-1162

[www.facebook.com/ndepgov](https://www.facebook.com/ndepgov)



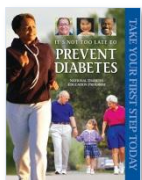
[www.twitter.com/ndep](https://www.twitter.com/ndep)



[www.youtube.com/ndepgov](https://www.youtube.com/ndepgov)

## ***It's Not Too Late to Prevent Diabetes***

Online Only



This patient education sheet offers tips to help older adults at risk for type 2 diabetes move more and eat less and lower their risk for diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-75) November 2009

## ***Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs***



This patient education sheet offers tips to help Asian Americans and Pacific Islanders at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**Cambodian** (NDEP-74CA) November 2002

**Chamorro** (NDEP - 74CM) April 2003

**Chinese** (NDEP-74CH) November 2001

**Chuukese** (NDEP - 74CK) April 2003

**English** (NDEP-74) April 2010 (Online Only)

**Gujarati** (NDEP-74GU) April 2003

**Hindi** (NDEP-74HI) April 2003

**Hmong** (NDEP-74HM) November 2002

**Japanese** (NDEP-74JA) April 2003

**Korean** (NDEP-74KO) April 2003

**Laotian** (NDEP-74LA) April 2003

**Samoan** (NDEP-74SA) April 2003

**Tagalog** (NDEP-74TA) November 2002

**Thai** (NDEP-74TH) November 2002

**Tongan** (NDEP-74TO) April 2003

**Vietnamese** (NDEP-74VI) November 2002

## ***It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family. • Nunca es muy temprano para prevenir la diabetes. Pequeños pasos de por vida para una familia sana.***



This tip sheet for women with a history of gestational diabetes (GDM) provides tips to help prevent or delay type 2 diabetes in the mother and child of the GDM pregnancy.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

**English** (NDEP-88) January 2007

Online Only

**Spanish** (NDEP-89) April 2006

## ***Movimiento por su vida***



This lively music CD/DVD helps Hispanics and Latinos move more. It features six original songs and a bonus music video with empowering messages and strong Latin rhythms that urge listeners to dance. It is a fun way to show how movement can help prevent diabetes.

*Single copy free. Limit 1 CD/DVD.*

**Spanish** (NDEP-62CD) December 2006

### ***Step by step: Moving towards prevention of Type 2 Diabetes***



This lively music CD/DVD helps African Americans move more. It features three original songs, three songs from the popular *Movimiento por su vida* CD/DVD, and a bonus music video with empowering messages that urge listeners to dance. It is a fun way to show how movement can help prevent diabetes.

*Single copy free. Limit 1 CD/DVD.*

**English** (NDEP-93) December 2006

### ***Fotonovela: ¡Do it for them! But also for yourself. (Fotonovela: ¡Hazlo por ellos! Pero por ti también.)***



This bilingual (Spn/Eng) fotonovela featuring dramatic stories of Latinas talking to Latinas about preventing or delaying type 2 diabetes and being healthy for their children and themselves. The stories use three women's challenges in maintaining a healthy lifestyle to convey an important message: Increasing physical activity, making healthy food choices, and losing weight (if you are overweight) decreases or delays your risk of developing type 2 diabetes.

*Single copy free. Each additional copy, \$2. Limit 3 copies.*

**Bilingual Spanish/English** (NDEP-121) January 2011

### ***Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes***

Online Only



This patient education sheet offers tips to help adults at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 200 copies (8 packages).*

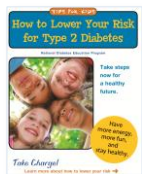
**English** (NDEP-76) December 2007

# Type 2 Diabetes Prevention Publications

Publications to help children and adolescents at risk for type 2 diabetes take small steps to lower their risk for developing the disease. Download or order these materials at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

## ***Tips for Kids: How to Lower Your Risk for Type 2 Diabetes***

Online Only



This easy-to-read tip sheet contains the basics about reducing risk for type 2 diabetes for children and their families. It includes a list of resources for more information.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**English (NDEP-98)** April 2009

## ***Consejos para jóvenes: Disminuye tu riesgo de desarrollar la diabetes tipo 2*** ***(Tips for Teens: Lower Your Risk for Type 2 Diabetes)***



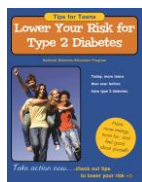
This easy-to-read tip sheet for Hispanic/Latino teens and families encourages teens to lower their risk for diabetes by being active, making healthy food choices and losing weight if they are overweight.

*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**Bilingual Spanish/English (NDEP-116)** February 2010

## ***Tips for Teens: Lower Your Risk for type 2 Diabetes***

Online Only



This tip sheet encourages teens to take steps to lower their risk for type 2 diabetes. It provides advice on reaching a healthy weight and leading an active lifestyle and includes healthy food and activity guides.

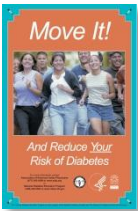
*Single copies up to 25 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**English (NDEP-87)** November 2007

The following materials are also available for children and adolescents at risk for type 2 diabetes, but these materials are only available online for download – not for hard copy order. These materials can be found on the NDEP website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### ***Move It! And Reduce Your Risk of Diabetes School Kit***

Online Only



This kit contains three posters of American Indian/Alaskan Native youth engaging in fun, healthful physical activity, fact sheets, resource lists and stories from schools that have used the materials to start *Move It* programs. The kit features resources that can be customized. An extensive CD-ROM provides supporting materials and references.

**English** (NDEP-91) December 2006

### ***Move It! And Reduce Your Risk of Diabetes Poster***

Online Only



This package includes all three posters found in the *Move It! And Reduce Your Risk of Diabetes* school kit. The posters feature American Indian/Alaskan Native youth engaging in fun and healthy physical activity.

**English** (NDEP-96) December 2006



## Publications for Health Care Professionals

Publications to help health care professionals effectively care for people with and at risk for diabetes. Download or order these materials at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### ***2012 Diabetes Numbers at-a-Glance Card***



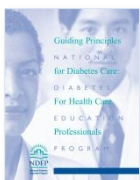
Based on the American Diabetes Association clinical recommendations, this handy pocket guide provides a list of current recommendations to diagnose and manage pre-diabetes and diabetes.

*Single copy, free. Each additional copy, \$0.20. Each package of 25, \$5. Limit 250 copies (10 packages).*

**English** (NDEP-12) March 2012

### ***Guiding Principles of Diabetes Care***

Online Only

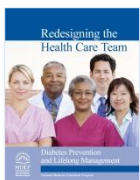


This evidence-based booklet outlines important patient-centered principles of diabetes care, helping health care professionals identify people with pre-diabetes and undiagnosed diabetes for treatment aimed at preventing long-term complications.

*Single copies up to 6 copies, free. Each additional package of 25, \$5. Limit 250 copies (10 packages).*

**English** (NDEP-16) April 2009

### ***Redesigning the Health Care Team: Diabetes Prevention and Lifetime Management***

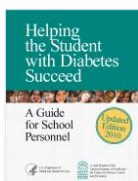


Quality diabetes care involves more than just the primary provider. Find out more about implementing multidisciplinary team care for people with diabetes in all clinical settings and how to reduce the human and economic toll of diabetes through a continuous, proactive, planned, patient-centered, and population-based approach to care.

*Single copy free. Each additional copy, \$1. Limit 6 copies.*

**English** (NDEP-37) June 2011

### ***Helping the Student with Diabetes Succeed: A Guide for School Personnel***



This comprehensive resource guide helps students with diabetes, their health care team, school staff, and parents work together to provide optimal diabetes management in the school setting.

*Single copy, free. Each additional copy, \$3. Limit 6 copies.*

**English** (NDEP-61) September 2010

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

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[www.youtube.com/ndepgov](https://www.youtube.com/ndepgov)

### ***Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems***



This comprehensive guide to foot care includes a quick-reference card for conducting a foot exam, a monofilament for sensory testing, and templates for waiting room posters and medical record stickers.

*Single copy free. Each additional copy, \$3. Limit 10 copies.*

**English** (NDEP-2) November 2000

### ***Usted es el corazón de la familia...cuide su corazón. (You are the Heart of Your Family... Take Care of It)***



This bilingual flip chart can help promotoras, community health workers, and other health educators teach Hispanic and Latino Americans about the link between diabetes and heart disease. The flip chart includes easy-to-understand illustrations, scripted presentations, and questions to facilitate discussion. The flip chart also contains four copier-ready handouts, in hard copy and on the accompanying CD.

*Single copy free. Each additional copy, \$4. Limit 5 copies.*

**Bilingual Spanish/English** (NDEP-58FC) May 2011

### ***Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Health Care Provider Toolkit***



This toolkit contains a decision pathway to diagnose and treat pre-diabetes, proven strategies to counsel and motivate patients, an office poster, and copier-ready patient education materials. These materials help people to take steps to prevent or delay diabetes.

*Single copy free. Each additional copy, \$5. Limit 10 copies.*

**English** (NDEP-59) February 2003

The following materials are also available for health care professionals, but these materials are only available online for download – not for hard copy order. These materials can be found on the NDEP website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### ***Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples***

**Online Only**

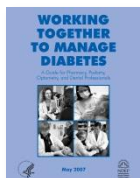


Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples can help health care professionals address psychosocial issues with American Indian and Alaska Native Peoples. The toolkit contains a variety of culturally appropriate materials.

**English** (NDEP-123) April 2012

## ***Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals***

Online Only

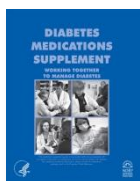


This interdisciplinary primer focuses on diabetes-related conditions affecting the foot, eye, and mouth, as well as the issues related to drug therapy management. Working Together promotes a team approach to comprehensive diabetes care and provides simple care recommendations to clinicians about making cross-disciplinary treatment referrals.

**English** (NDEP-54) May 2007

## ***Working Together to Manage Diabetes: Diabetes Medications Supplement***

Online Only



This detailed reference booklet profiles medications to manage blood glucose (including insulin), blood pressure, and cholesterol.

**English** (NDEP-54S) May 2007

## ***Working Together to Manage Diabetes: Poster***

Online Only



Use this color poster in exam or waiting rooms. It helps patients learn about the ABCs of diabetes and work with their eye, foot, and dental care professionals and pharmacists to manage their diabetes.

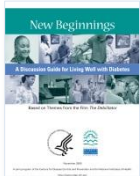
**English** (NDEP-55) May 2007

**Spanish** (NDEP-55SP) May 2007

## Publications for Community Organizations

Publications to help local organizations spread the word about diabetes prevention and management in their communities. Download or order these materials at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

### ***New Beginnings: A Discussion Guide for Living Well With Diabetes***

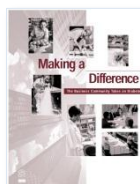


This discussion guide focuses on issues brought out in a privately produced docudrama *The Debilitator*. The guide contains 13 modules for use in small group discussions or larger community gatherings to discuss the emotional impact of living with diabetes and how social support can help.

*Single copy free. Each additional copy, \$5. Limit 10 copies.*

**English** (NDEP-82) November 2005

### ***Making a Difference: The Business Community Takes on Diabetes***

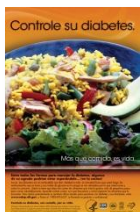


This white paper is a call to action for business leaders to become involved in workplace and community activities to control diabetes complications. It addresses the human and economic impact of diabetes and gives suggestions on how businesses can help employees with diabetes improve glycemic control.

*Single copy free. Each additional copy, \$1. Limit 10 copies.*

**English** (NDEP-33) September 1999

### ***Más que comida, es vida. (It's more than food. It's Life.) Poster***

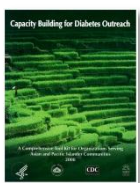


This nutritional campaign poster is designed to dispel misunderstandings about healthy eating and teach Hispanics and Latinos how to adopt a tasty but nutritional meal plan that maintains the cultural uniqueness of their food. This color poster can be used as a resource for dietitians, diabetes educators, and people who want to manage their diabetes without losing their cultural identity.

*Single copy free. Each additional copy, \$1. Limit 10 copies.*

**Bilingual Spanish/English** (NDEP-99) December 2008

### ***Capacity Building for Diabetes Outreach: A Comprehensive Tool Kit for Organizations Serving Asian and Pacific Islander Communities***



This comprehensive toolkit is designed to help organizations strengthen capacity in eight core areas: community assessment, evaluation, organizational support, staffing, building coalitions and partnerships, funding, community outreach, and marketing. Examples are drawn from experiences working with Asian American/Pacific Islander communities, but the tools can apply to work with any community.

*Single copy free. Each additional copy, \$5. Limit 5 copies.*

**English** (NDEP-97) October 2008

## **Five Communities Reach Out DVD**



This 22-minute DVD shows how different communities can work together and use available resources to improve diabetes management. The video can be used as part of a community action planning workshop with the *Diabetes Community Partnership Guide* (NDEP-21). It can also be used independently in waiting rooms and community gatherings as a motivational tool to establish diabetes programs and interventions.

*Single copy free. Each additional copy, \$3. Limit 2 copies.*

**English** (NDEP-112) July 2009

## **The Road to Health ToolKit • Kit el camino hacia la buena salud**



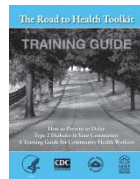
Designed for African Americans and Hispanics/Latinos, this tool kit provides materials to start a community outreach program reinforcing the message that type 2 diabetes can be delayed or prevented.

*Each tool kit, \$15. Limit 3 tool kits.*

**English** (NDEP-111) March 2009

**Spanish** (NDEP-111SP) October 2010

## **The Road to Health ToolKit Training Guide • Guía de capacitación del kit el camino hacia la buena salud**



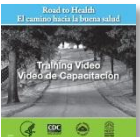
This training guide is designed for people who offer train-the-trainer workshops and for community health workers who work with Hispanic, Latino, or African American people. Other health care professionals, diabetes educators, health educators, nurses, dietitians, and community educators can also be trained or provide training to others by using the *Road to Health Toolkit*.

*Single copy free. Each additional copy, \$5. Limit 10 copies.*

**English** (NDEP-108) October 2010

**Spanish** (NDEP-108SP) October 2010

## **The Road to Health ToolKit Training Video (Video de capacitación del kit el camino hacia la buena salud)**



This video is intended to teach health workers, NDEP partner organizations, and other health professionals how to use the *Road to Health Toolkit* (*Kit El camino hacia la buena salud*). This training video is a compilation of some activities to help you visualize and get ideas on how to conduct successful training sessions with the kit.

*Single copy free. Limit 1 copy.*

**Bilingual Spanish/English** (NDEP-114) October 2010

## **Road to Health ToolKit Evaluation Guide • Guía de Evaluación del Kit El camino hacia la buena salud**



The Road to Health Toolkit Evaluation Guide was created to help community health workers (CHWs), diabetes educators and health educators in their evaluation efforts and for those who want to know (1) how the Road to Health Toolkit is making a difference in the lives of their participants who are at risk for type 2 diabetes, and (2) how well they have conducted their own educational activities while using the Road to Health Toolkit.

*Single copy free. Each additional copy, \$1. Limit 5 copies.*

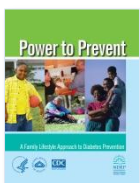
**English** (NDEP-125) May 2012

**Spanish** (NDEP-125SP) May 2012

**The following materials are also available for community organizations, but these materials are only available online for download – not for hard copy order. These materials can be found on the NDEP website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).**

### ***Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention***

**Online Only**



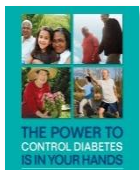
This curriculum for small groups focuses on healthy lifestyle changes around food and physical activity to prevent or manage diabetes. The accompanying CD has files for NDEP materials used in conjunction with the curriculum.

*Single copy free. Each additional copy, \$5. Limit 5 copies.*

**English** (NDEP-69ENT) August 2008

### ***The Power to Control Diabetes is in Your Hands Community Outreach Kit***

**Online Only**



This resource kit provides information about diabetes in older adults and suggests how to promote the Power to Control campaign through educational activities, media events, and promotional campaigns.

**English** (NDEP-44K) January 2009

### ***Diabetes Community Partnership Guide***

**Online Only**



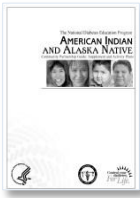
This how-to kit contains ideas, tools, and guidelines to develop community partnerships to promote diabetes activities.

**English** (NDEP-21) September 1999



## American Indian/Alaska Native Community Partnership Guide: Supplement and Activity Plans

Online Only



This supplement to the *Diabetes Community Partnership Guide* (NDEP-21) contains awareness activities customized for American Indian and Alaska Native (AIAN) communities, as well as information about diabetes and AIANs, NDEP's campaigns for AIANs, and AIAN resources and partners.

English (NDEP-21S) January 1999

## Web Resources

Web Resources for health care professionals, community organizations, people with diabetes, people at risk for type 2 diabetes, and businesses with additional information and tools to help improve diabetes outcomes.

### Diabetes HealthSense



Diabetes HealthSense is an online library of resources for living well. The resource is designed to provide people with diabetes, people at risk for the disease, and those who care for them with easy access to useful tools and programs that support the behavior change process.

[www.YourDiabetesInfo.org/HealthSense](http://www.YourDiabetesInfo.org/HealthSense)

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)



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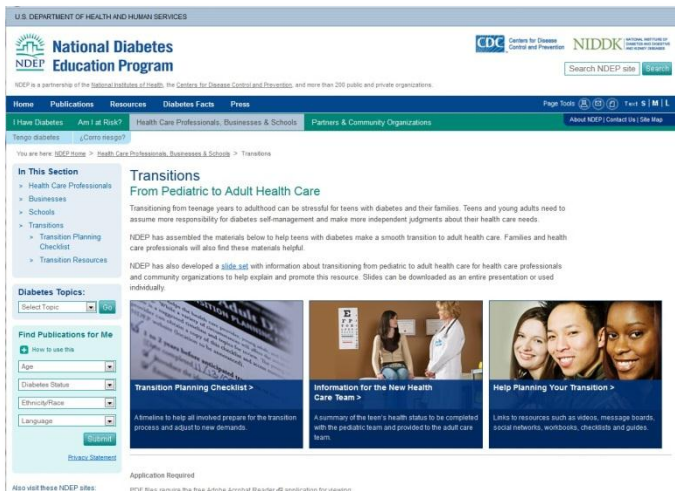


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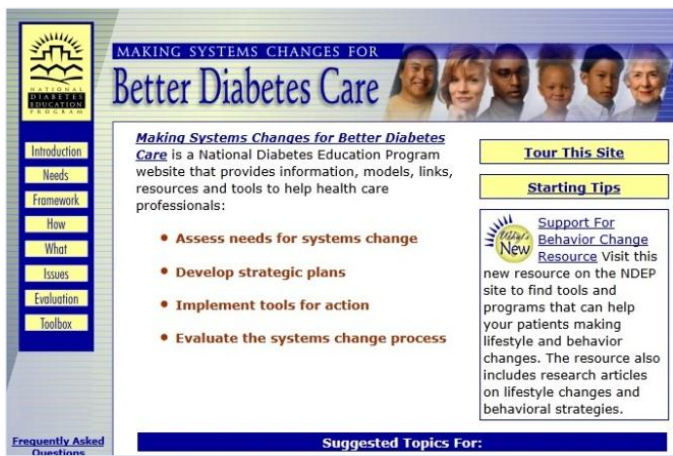
## Transitions



Transitioning from teenage years to adulthood can be stressful for teens with diabetes and their families. Teens and young adults need to assume more responsibility for diabetes self-management and make more independent judgments about their health care needs. The Transitions online tool contains materials to help teens with diabetes make a smooth transition to adult health care.

[www.YourDiabetesInfo.org/Transitions](http://www.YourDiabetesInfo.org/Transitions)

## Better Diabetes Care



Systems change is essential to provide the type of evidence-based, patient-centered care needed to effectively manage diabetes and prevent complications. This website is designed to educate health care professionals about the need for systems changes and ways to implement them. The site provides steps, models, guidelines, resources, and tools for making and evaluating effective systems changes.

[www.BetterDiabetesCare.nih.gov](http://www.BetterDiabetesCare.nih.gov)

## DiabetesAtWork



This easy-to-use website helps the business community assess the impact of diabetes in the workplace. Resources and tools are available to create and implement worksite education programs to prevent and control diabetes. Creating opportunities for the business community to better understand diabetes care is a critically important first step in NDEP's outreach to purchasers of health care.

[www.DiabetesAtWork.org](http://www.DiabetesAtWork.org)

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) • 
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